

BASIC FOIL SKILLS: 2

How to attack

- 1 By simple extension
- 2 With a step forwards
- 3 With a lunge

Target worth attacking

- 1 Inside shoulder
- 2 Above the hip
- 3 Body

Landing a hit (touche)

- 1 Control the movement of the foil with your fingers and thumb
- 2 Steer the tip of the weapon towards your opponent's target
- 3 So that your arm straightens out but doesn't lock
- 4 Complete the hit with a light upward flexing of the leading part of the blade
- 5 Return to the on guard position

Moving forward to attack

- 1 step in before completing the extension
- 2 start to straighten the weapon arm
- 3 steer the tip towards the chosen target

As you move forwards and backwards keep your body upright. Avoid swaying, tilting or rotating. Always face your opponent.

Adding explosive power

This is done with a lunge; a movement that finishes off an attack much more quickly than a step forwards. The lunging action starts after the weapon arm begins to propel your foil forward.

- 1 lift the leading foot off the ground, toes first
- 2 push with the rear leg so that it straightens at the same time as the weapon arm completes its straightening
- 3 let the rear arm fall back to act as a counterweight
- 4 complete the hit before the leading foot lands
- 5 ground the leading foot so that your front knee is at right angles
- 6 to recover into the *en guard* position, push back off the ball of the leading foot and bring the trailing arm back up at the same time as the weapon arm recovers its bent position

NB do not overstretch on the lunge. The emphasis is on adding speed at the end of the attack and not on distance. If you need more distance for your attack, try a step before the lunge.

